

SGA Elections are March 19-20: Here's what you need to know...

Presidential candidates:



JOSH DANDURAND

"Hey guys!

As a person that was born in a small community, I can certainly relate to Laurentian university in terms of always being in a place where everyone knows each other. It's the main reason why I chose to come here! My time here, so far, has been amazing and I couldn't have asked for any better. I'm currently majoring in French communications and planning on graduating this year. So far, I've had the lucky chance of being a Resident Assistant in West residence and a Senator for the SGA.

One thing I have noticed in the past few years is the lack of school spirit. What happened? Well, it seems as though much of the focus has been placed elsewhere and slowly but surely, it became a point of neglect. My platform is centrally focused on reviving school spirit. I want us illustrate ourselves as a small but loud and proud unified group of students! Let's get pumped! Thank you and feel free to message me anytime on Facebook (Josh Dandurand) or by Twitter (Dandurand_josh)"



JOHNNY HUMPHREY

"Hello LU!

I am Johnny Humphrey, a fourth year student pursuing a degree in Human Kinetics and Concurrent Education. I come from a town called Ajax, which is about 30 minutes east of Toronto. In my pastime, enjoy keeping active, and whenever I can, I like to travel and experience new cultures.

Throughout my time at Laurentian I have been involved in many initiatives. The past two years I have been a part of the residence life community as an RA, where I helped students transition to life at Laurentian. This past summer, I worked for the SGA as the Frosh Coordinator. In this position I was responsible for planning and running the SGA's Frosh Week events, and helping assist incoming students. I continued working with the SGA throughout the year, helping with renegotiating the Health Plan, and developing plans for a new Student Centre.

My platform is embedded within two major ideas: continued progress, and enhanced services. My strong belief is that as our population continues to climb, it is important that our services grow as well to meet the needs and expectations of our students, while maintaining financial stability. To find out more about my platform, find me on facebook.com/Johnny4Pres or twitter @Johnny4Pres."



DAVID KVELASHVILI

"Hey everyone!

I am excited to be running for President of the SGA, and lead our students at Laurentian University into a new era. My name is David (DK), and I am a student in the bachelors of business administration program. If elected, I will make it a priority to ensure the needs of students will be met, and that student satisfaction and engagement are the top priorities for the administration. Its easy to overlook the many hardworking students who are essential to the LU community, I will make it a priority to provide services, entertainment, social activities and more to the students. I have worked with the executive of the SGA, have worked closely on many initiatives with the faculty and administration, and am involved through my many leadership roles on campus and I am familiar with the challenges students face. My administration will work to ensure a smooth and seamless transition, and prioritize the things that are important to the SGA membership. I am always available, please contact me with any questions about my plans for the future of our student union. Looking forward to making your 2014-2015 Laurentian SGA experience unforgettably amazing!"

VP of advocacy and policy candidates:

JOE GRECO

Hello, I am Joe Greco, currently running for Vice President Policy and Advocacy of the SGA/AGÉ. This is my third year at Laurentian University taking Law and Justice. I am a varsity athlete on the Laurentian curling team. I am a member of various clubs such as LUPSA, LAWLU, LUMCS, LUGS, the Blood Committee, and the Arts Advisory Council. As an active member of the SGA, attending the meetings, I am aware of the current problems that students face. Main concerns of students are the mandatory meal plan and the new student center. There is also concern of transparency and involvement between the SGA/AGÉ and the student body. If elected, I aim to work with the University to ensure mandatory meal plans meet their goals and to promote and involve students throughout the development of the new student center plans, granted that the referendum passes. In addition, to reach out to areas of Laurentian where the SGA is virtually absent like the gym, NOSM, and residences on the hill. I also aim to continue on projects the current Vice President Issues has underway. Access my Facebook page for current campaign information. Good luck to all candidates!



JENNA THORNER

Hello my name is Jenna Thornber and I am a third year student here at Laurentian studying a Bachelor of Health and Physical Education with a specialization in outdoor adventure leadership. Throughout my time at Laurentian I have lived in residence (SSR, West and East), been a member of the Women's Varsity Track and Cross Country team and this year I was president of the School of Human Kinetics Student Association. I have sat in on Faculty of Professional School Academic Council meetings as well as Human Kinetics Faculty meetings and been actively involved with athletics and residence. I feel I have a very good understanding of how the school runs and know some of the plans that are in the works for the future. I would describe myself as a friendly outgoing student who has lots of school spirit and appreciation for Laurentian. If I were to be Vice President I would be actively involved in decision making regarding student issues and campus life here at Laurentian, enhance services at the opposite end of campus (ie bottom of the hill) and promote further success and spirit at Laurentian.



*Candidate profiles were submitted in their own words and have not been edited. Candidates submitted their own photos, as well. Chris MacCullough is also running for VP of Policy and Advocacy but did not submit a profile to Lambda by press time.

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One chapter ends, another begins: a goodbye to Lambda

BY RON GUILLET

The challenges associated with being the editor of the Lambda present equal opportunity. I hope our readers felt this current team did it justice because I can state unequivocally that the experience has made me a better person.

Ed Veilleux left big shoes to fill as the previous editor and if the paper was half as good as it was when he was at the helm, I am proud of what we accomplished here in the last few years. His sound judgment and leadership skills resonated with me and, more importantly, left a mark on the newspaper that will have a ripple effect for years to come.

We are reflections of our influences. From Veilleux, to general manager Casey Stranges, to the entire staff I had the privilege of working with, and

especially to our beloved readers, you are all responsible for the memories and experiences I was able to extract from this newsroom.

The torch is now passed to Kayla Perry, who has continuously proven her worth as a reliable, discerning young writer. It is remarkable what she has accomplished at her age and everyone in the newsroom is confident she will bring the Lambda to new heights. It is a special feeling to be a part of an organization that fosters personal development and a strong workplace culture.

So, best of luck to the incoming editor, who I know will succeed and, more importantly, learn from the mistakes that come with the title. The Lambda is in good hands.

Excelsior.

BY ED VEILLEUX

The problem with taking things for granted is that when we are lucky enough to realize we have been doing it, it's generally too late.

The years, as they pass... the living moments, and days and nights. So many things pass us by, it's a constant cycle of endings and beginnings and days when you don't know which is which.

It was the experience of a lifetime to work with so many young reporters and contributors over the span of the last several years.

Where veterans of the business can be filled with negativity and can become jaded, the youth in the business display a certain exuberance and joy for doing the job.

Alas, this is not the space for laments, though they weigh heavy on my mind.

It's hard to follow Ron's column with

anything but much-deserved praise.

Ron is a hard person to be cynical around. He sees the best in people and gives everyone their shot to impress or disappoint him. It's a refreshing trait in a co-worker.

Having spent hours couped up in the Lambda office laying out this newspaper over the years with him, I can safely say he kept me sane through this journey. He is the most reliable reporter I've ever worked with, and it's hard to give anything but your best when you see him pushing himself every issue.

And so, a final goodbye to the Lambda... And there is no one who I would have rather ended my Lambda chapter beside than Mister Ron Guillet.

Thank you for allowing me to work for you.

Als Ich Chan.



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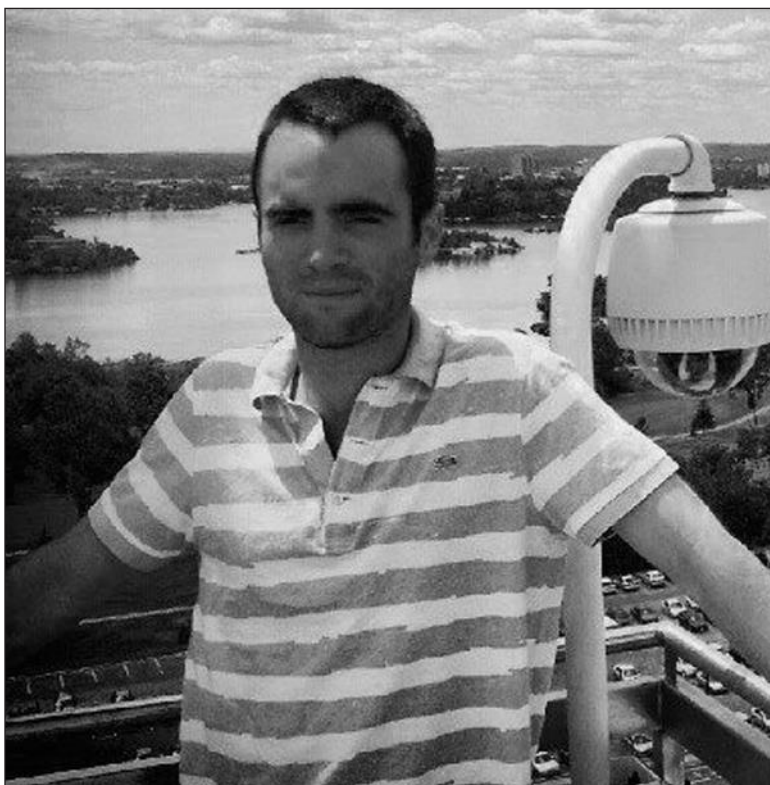
CIRCULATION
Lambda circulates 3000 issues throughout the City of Greater Sudbury and Laurentian University Campus.

Lambda Publications is the bi-weekly student newspaper of, by and for the students of Laurentian University. Lambda is funded through a direct student levy by members of the Students' General Association/Association Generale des Etudiants, yet remains autonomous from all university organizations, both student and administrative.

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SGA Elections are March 19-20: Candidate profiles continued

Vice-President, Student Life:



IAIN PARK

Well it's been 3 years, we've given you: Dean Brody, Mac Miller, The Weeknd, Adventure Club, LIGHTS, Tim Hicks, Classified and many more. Many of these shows were only possible because of my policy implementation of off-campus concerts, though we've had many on campus.

Besides generating unprecedented sums of money for the SGA I also take pride in the less talked about victories. Andy, Johnny, and Mark were key to introducing a new comprehensive health insurance plan for students. However, it was me who fought for more flexibility, and more monetary coverage. In the "Flex-plan" students can opt to move their coverages to what applies most to them. Students can now move money typically bound to the 4 categories: vision, prescription, physio, major medical expense; into one, two or three, should they feel their priorities reflect that. If you want braces, or need more prescription drug coverage, you can allocate funds from the different categories as you see fit. At \$1000 per category (up \$250 from previous),

you can now have 4000 in one category.

I take great pride in the proliferation of music in culture to which I'm responsible. However, the work we've done towards guaranteeing students do not have to go without, when it comes down to their health, is far above any pride I take from my implementation of entertainment showcases.

All I ask, is that when you vote on the 19th and 20th, you vote for a new student center. The growth of the association dictates that it is the your time for competitive pricing, and comprehensive student life coverage. This growth requires a building governed with autonomy by the SGA, please vote yes on a new student centre, and a yes for Iain Park.

I am extremely proud to represent you for a 4th year in a row, and final.

Thank you Students' of Laurentian University,
Always yours,
Iain Park

Candidate for senator (yes or no vote):

CASEY LALONDE

casey lalonde: My name is Casey Lalonde and I am currently in my third year of the Psychology program as a second degree. I previously obtained a B.A in Sociology from Laurentian. I am presently a senator for the SGA and would like the opportunity to serve the students for another term.

Throughout my academic career at Laurentian, I have served as an SGA commissioner (2009-2010) and Vice President Issues (2010-2011). I have been an active participant at Laurentian's Model Parliament for the last four years and am currently the nominated candidate for the Ontario Green Party for

the Sudbury riding.

During the remainder of my 2013-2014 term as senator, and throughout next year if re-elected, I would like to look into issues concerning accessibility, technological infrastructure, and any other concern students bring forth.

I encourage any students who have any questions, comments, concerns, and requests to email me at cx3_lalonde@laurentian.ca.

LAURA ROBINSON

Laura Robinson: Greetings LU students! My name is Laura Robinson and I am running for a Senator position in the SGA. I am a 4th year student in the Concurrent Education program completing my Undergrad degrees in English Literature and History. Next year I will be in my Professional Year (Teachers College) here at Laurentian. Once finished at Laurentian my goal is to teach English as a Second Language internationally to gain experience in my field. I am currently the Vice President for B.Ed.S.A. (Bachelor of Education Student Association) and in this position I take a leading role dealing with students'

affairs hoping to better their experience in the Education program.

I am running for position of Senator because I enjoy being active in the Laurentian community and have been since my first year. I am the type of person who feels it is important to know what is going on in my own community and I am not shy in voicing my opinion. In the past I have been a voting member as part of curriculum and service changes here at Laurentian University. As a Senator I look forward to working with the SGA and its members in the upcoming year.

Group marks Israeli Apartheid Week at LU

BY GABRIEL RODRIGUES

From March 3 to 6, a booth was held at the Laurentian Student Centre for the Israeli Apartheid week, and according to one of its organizers, raising awareness will hopefully stay in the "consciousness of students."

"This is a solidarity campaign," said Dana Cudney, a sessional faculty member in the department of Sociology at Laurentian. "Our hope is for students to learn of the distinct similarities between South African Apartheid and the current system and apartheid policies being deployed on Palestinian citizens."

The Israeli Apartheid Week (IAW), in its tenth year, is an international series of events held in cities and campuses across the globe to educate people about Israel being an apartheid system over Palestinians. Also, the IAW wants to build a boycott, divestment, and sanctions campaign as part of the growing movement regarding this issue.

Laurentian University has been running the IAW for five years now, but has only established an informative table for four years with the help of the Palestine Solidarity Working Group of Sudbury.

For Cudney, who has taken a central role in organizing this booth for last two years, said the importance of setting up a table with relevant literature and faculty members to answer questions was "invaluable" for a students' and others' understanding of the issue.

"We have found that there is an overwhelming lack of understanding about root causes of the conflict," she said. "This in itself makes it difficult for those who have a desire to understand the occupation to even formulate a starting point for inquiry. Often we start with dispelling the pervasive myth that this conflict is ageless by pointing out that its main architects were Britain and the U.S in the 1940's."

According to the Middle East Research and Information Project (www.merip.org), the conflict between Palestinian Arabs and Zionist (now Israel) Jews dates back to the end of the nineteenth century. Although both groups have different religions, as Palestinians include Christians, Muslims and Druze, religious differences were not the cause of the conflict, but a fight over land.

Jewish claims over the land was based on a biblical promise to Abraham and his descendants, on the fact that the land was the historic site of the ancient Jewish Kingdoms of Israel and Judea, and Jews' need for a haven following European anti-Semitism.

Palestinian Arab claims to the land are based on the fact they have been residing in the country for hundreds of years and represented the demographic majority.

From the end of World War I until 1948, the area that both groups claimed was known internationally as Palestine. However, following the 1948-1949 war, this land was divided into three parts: the State of Israel, encompassing 77 per cent of the land, the West Bank and the Gaza Strip.

There was only about 150,000 Palestinians remaining in the State of Israel. Although they were granted Israeli citizenship and the right to vote, Palestinians remained second-class citizens because they were non-Jews, which restricted their chances to work, to freedom of speech and even confiscation of their property.

In 1967, there was a six day war that established Israel as the dominant regional military power where they captured and has since, occupied the West Bank and the Gaza Strip.

Since 1967, over 12,000 houses have been demolished by the Israeli military, leaving 70,000 Palestinians homeless. Also, according to the Israeli human rights organization, B'Tselem, 1496 Palestinians have been killed by the Israeli military since 2004. On average, two Palestinians have been killed every single day for the last six years.

Cudney said throughout the week there was a film series regarding the Israeli Apartheid Week to further educate students and others regarding the conflict between Israelis and Palestinians.

Such films included: Occupation 101, Peace, Propaganda and the Promised Land, Jaffa: The Orange's Clockwork and Five Broken Cameras.

"This was a good starting point," said Cudney. "The films featured this year were varied in their purposes. They concisely presented the background information and historical formation, and also presented economic perspectives and narratives of the current



Photo by Gabriel Rodrigues

Pictured above is a display for Israeli Apartheid week, held from March 3 to March 6.

situation in Israel and Palestine."

Cudney said she hopes raising awareness to students of these social justice issues will increase "exposure of political activities" regarding the Israeli Apartheid movement.

"In a sense, Canada provided the original apartheid blueprint," she said. "South African delegates studied Canadian first nations reserve systems previous to creating apartheid policies in their

own nation. Plus, it is largely agreed that South African apartheid systems crumbled under economic pressure from divestment campaigns."

All in all, Cudney said the organizing group at Laurentian as well as the Palestine Solidarity Working Group of Sudbury "had a successful week."

"Many more individuals from the campus community have shown interest in becoming more

involved," she said. "Additionally, we have received support via email from various students (some Palestinian) thanking us for helping raise awareness for themselves and their families. This alone validates all of our efforts."

For more information about the Israeli Apartheid movement, please contact dcudney@laurentian.ca or oroth@laurentian.ca.



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SGA introduces 'vote anywhere' system for upcoming SGA elections

BY KAYLA PERRY

A new initiative has been introduced by the SGA for the 2014-2015 elections: vote-anywhere polling.

The new system allows students to vote at any of the different polls across Laurentian campus.

"In the past we used a paper-less system, which had its pros and cons," said Charles Cardinal-Wilson, Executive Director of the SGA. "One of the pros was that it was easy to keep track of who was voting. One of the cons was

that it was very difficult to keep track of it in real-time."

The new system follows the City of Greater Sudbury's system for the municipal election – there will be a list of SGA students who are eligible to vote, which the poll clerks will have access to through the Laurentian University log-in on iPads they will be using at the polls.

The lists will automatically live-update, to ensure that no student votes multiple times at different polls.

In previous years, students have had to vote at their specified location – for instance, last year students who lived in Huntington Residence were only able to vote at the Huntington voting polls.

On March 19 and 20, polls will be open at East Residence, West Residence, Huntington Residence, the Great Hall, the Fraser Foyer, the library, the Ben Avery Foyer and the School of Education.

On March 19 only, additional polls

will be opened at Thornehoe Residence, University of Sudbury Residence, and the School of Architecture.

Voters are asked to provide poll clerks with their SGA student card, the preferred piece of I.D. as sometimes names are different on driver's licenses or health cards than they are on the SGA list.

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Campus Modernization brings schedule changes

BY KAYLA PERRY

The upcoming campus modernization will bring an array of things to the Laurentian University campus, including temporary closures of some of the oldest buildings at LU.

Due to the closures, lecture time-slots will be re-arranged for next year, and made to include more courses on Friday, said Serge Demers, Interim Assistant Vice-President of Students at Laurentian University.

Demers, who works out of the registrar's office, said that "through campus modernization we'll be losing a couple of

buildings, one at a time."

Next year, the Alphonse Raymond will be closing, and for the 2015-2016 school year the classroom building will be closed for a semester.

"Due to (the closed buildings), we have to be a bit more creative in terms of creating lecture sessions," said Demers, given that there will be less physical space to host classes.

Demers said that when planning the schedules for the upcoming year, certain time sections seemed "over-subscribed", specifically the Monday-Wednesday 10:00-11:20

am and 11:30-1:00 pm time slots.

Currently, typical classes will take place twice a week, on Monday-Wednesdays and Tuesday-Thursdays. Next year, courses will be changed to also include sessions on Monday-Thursdays, Monday-Fridays and Wednesday-Fridays.

The new schedule aims to "spread out the week, to make it so that the week is a bit more balanced in terms of the start and end of the week, with a bit more action on the Friday," said Demers. The new schedule will also aim to reduce scheduling conflicts, so that mandatory

core-courses for programs do not conflict, although Demers said he cannot guarantee that there will not be conflicts with course electives.

"What ended up happening in the past was that many times, students would want to take two courses, but they were often in the same oversubscribed (Monday-Wednesday) time slots, because everything was over condensed," said Demers. "In stretching it out, one of the ideas is that it will be beneficial to spread the courses over more than one time block, so that more electives are available for

students to take."

Demers acknowledged that although students and faculty may not be happy with the scheduling changes, the faculty is working with a "smaller pool of classes" and "has to do something – we have so many classes that we need to teach, and they need to be spread out some way, somehow, throughout the week."

New Great Hall cafeteria to have halal food, no kosher options

BY KAYLA PERRY

In April, renovations will begin in the great hall, transforming the cafeteria into an 'all-you can eat' merche-style eatery. The new cafeteria will coincide with the introduction of mandatory meal plans for those students living in the LUL residences on campus.

Although the new cafeteria is said to feature foods to meet dietary restrictions, such as gluten free and vegan options, there will not be any kosher food options, as confirmed by Richard Brown, the District Manager of Aramark Higher Education. The cafeteria will, however, serve halal goods.

"(Aramark is) looking for ways to meet the growing needs of religious and lifestyle diets in a campus setting and are always looking for ways to expand our variety of offerings," said Brown.

Sidney Shapiro, a Ph.D student at Laurentian University and someone who consumes strictly kosher food, said that having this type of certified food in the cafeteria is "not realistic."

"In order for food to be kosher, it doesn't only mean the type of food it is, it also means the type of supervision the food has," said Shapiro. "You must have somebody who works in kosher supervision actually checking to make sure the food is stored properly, that the same utensils aren't used that are on other non-kosher products, and so on."

In kosher foods, each ingredient in the production of a food product must be kosher: for example, the gelatin used in yogurt or candies must be kosher.

Shapiro said that although some universities have "kosher kitchens", such as York University and University of Western

Ontario, in order for Laurentian to serve kosher food there would need to be an area dedicated to kosher food, where it would not come in contact with any other types of food.

Shapiro stated that he does not believe there is a large population of students who eat strictly kosher food at Laurentian.

Although it is said that most food in the new cafeteria will be local, the halal food in the cafeteria will be outsourced, and purchased from a certified GTA supplier of halal food.

"We have approved suppliers of halal fare who are certified and routinely audited to ensure they meet the standards," said Brown when asked how the Fresh Food Company will ensure halal food is certified.

Ahmad Alamir, a first year forensic science student at Laurentian, said there

is a "specific way to slaughter the animal, which makes the meat halal": halal foods must come from a supplier who uses halal practices, specifically by invoking the name of Allah before an animal is slaughtered.

Alamir, who only eats halal certified meats, said there is a "large" Muslim population at Laurentian, and a large amount of students who only eat halal meats – Alamir said he is now easily able to find halal food in Sudbury, although when he first arrived at Laurentian it was much harder.

Column: Students should be lining up to vote

HAMILTON (CUP) — In the 2011 Canadian federal election, the ages 18–24-year-old students came in with the lowest voter turnout rate. This age group only had 38.8 per cent voter turnout and is embarrassing for these Canadians. University students, along with other young adults, should be lining up at the polling stations.

This is the mindset all Canadians should have. They should want to play an active role in this democratic and free country. This age category specifically is filled with university students, college students, high school students and recent high school graduates who entered directly into the workforce. All of these different demographics of young voters are important for the country's economy, making them an important asset to the government. The age group of 18–24 are arguably the most affected citizens through government

action plans and legislature. That being said, why don't they care enough to go to the polling station? Shouldn't everyone want to have influence in what is being done at the parliamentary level?

In the recent federal budget there were many key points that affect young citizens, from fostering job creation, innovation and trade, as well as the government battling youth unemployment. These are many ways the government directly affects the 18-24 demographic, yet young people don't care. Toronto's mayor is smoking crack, the Ontario budget deficit is through the roof and yet young people still don't care. But that video of Rob Ford running into a camera has how many likes on Facebook? The youth's ideology of politics is inane; on Facebook everyone bashes the current senate filled with scandal, and then glorify Rob Ford, who recently went on Jimmy Kimmel

Live.

One of the biggest reasons found proving a lack of voter turnout rate (regardless of the age category) is insufficient education and knowledge. Coming from a generation who lives on the computer, and never leaves home without their phone, shouldn't we be the most educated on current events?

Seemingly, we should be the most educated on these topics because we're the ones in the classrooms, spending their days at the libraries. Therefore a Canadian university student has no excuse not knowing the candidates running for the positions.

It's a day-to-day battle for the federal government to gain interest across all age demographics in a free nation like Canada. To gather up excitement for an election is not an easy task. In the last federal election young voters saw

an increase in voter turnout rate through the movement behind Jack Layton of the NDP. It seems to be apparent that youth need to be voting for a personable leader rather than for the political party filled with old white guys. Justin Trudeau seems to be gaining speed with the oncoming election.

There are many opposing arguments to why Canadians don't vote. Ontario residents saw this through the option for political reform in the 2007 provincial referendum. The option given to the people was for electoral reform — how the citizens should elect members to the provincial legislature.

To this day Ontario uses a first past the post system, which is based on the election results of individual electoral ridings. The proposed change was to institute a mixed-member proportional electoral system. It resulted with 63

per cent of Ontario residents voting to keep it the same way, and only 37 percent to change it. Therefore, it is unlikely the electoral system is the reason for lack of political participation.

The overall federal government voter turnout rate has been in steady decline since 1984 — when it hit 75 per cent — with few exceptions until 2011, when it came in at 61 per cent. Therefore it is pivotal for the overall outcome of Canada that university students need to start caring about the election process. These students will be around for on average the next 60 plus years, that could translate into 12 federal elections or more. If they don't care to vote, that is a lot of wasted political freedom. The prime minister and elected members of parliament control how the country is run, don't you want a say in it?

Column: Enjoy university while you can

ANTIGONISH (CUP) — They say that university will be the best years of our lives — the years that will define us and shape us into the person we will become. That is a lot of pressure put on already stressful years. What is it about this experience that is so pivotal?

The truth is that these years don't define you because they are more important, but because there are more options. There are more paths you can take and a single choice can alter the course of the rest of your life in amazing ways.

When I was in high school I hated hearing this, but as a fourth-year I deem it true. Looking back at the person I arrived as is like looking at a different person altogether. It may sound cliché, but these are the years during which you will be presented with incredible opportunities not possible when you have a career, a mortgage, a family.

My campus involvement started with residence. Student housing is a unique experience. You have the rest of your life to live in a decent house or apartment. Now is the time that you can live in a dorm or a really run-down student house and not feel

bad about it. You can live with complete strangers and know that you will at least have your school in common, if nothing else.

It is also probably the only time that your home will be so temporary. Student leases are easy come, easy go; if you don't like the people you are living with, move next year. You can live in a different place every year if you want to. Finding a great group of people to live with early in your undergrad is amazing, but finding people you hate living with can be a valuable experience as well. It's a great way to find out what type of people you can live with, and what things drive you crazy.

When you move to a strange new city to find a job, you won't have the option to move around year-to-year. So experiment with accommodation. Live on a busy street, try a quiet area, have a couple roommates or 10. You'll have a better idea of what to look for when you move on.

University is a unique place made up of people from all different walks of life. Your friends will be from different places, be enrolled in different programs and have different hobbies from you. When you're

older, the majority of your friends will be people from work or people met through common hobbies. At no other time will you be exposed to such a variety of lifestyles simultaneously. Joining clubs is a great way to expand this exposure even further.

Before coming to university I never thought that I would ever go surfing or scuba diving, try snow-boarding, have a radio show, write for a student newspaper, go rock climbing or play wheel chair basketball. Now, I've done all of those things, and I've done them through the university.

Whether through classes or societies these were amazing opportunities open to all students. Clubs receive funding and do fundraising throughout the year to make these opportunities accessible for everyone. I was completely new to almost everything I tried and I never felt like I was out of place or too inexperienced to be there. Open-minded people created a safe, judgement-free environment to explore.

One of the most important things I've learned is it's okay to be dirt-poor. I can't stress this enough; student living is hard — for everyone. Some people are better off

than others, but for the most part we are all struggling. Embrace it. Being a student is a great excuse to be poor so don't be afraid to be cheap. You're not going to look any cooler blowing all your money at the bar; you'll just regret it later. Take advantage of student discounts. There are some really great deals out there for students. Don't be afraid to use the student food resource centre on campus; that's what it is there for. People don't judge students for being broke, the expect it. There is no need to be embarrassed. You have the rest of your life to make money and stress about it. Wear a sweater and turn down the heat, look up some cheap recipe ideas or live off of cereal for a while. Things will get better, but for now there isn't a lot you can do about your financial situation.

The things you do and the people with whom you surround yourself will be the difference between an amazing experience and one that is sub-par. So be bold, be brave, be broke if you have to, but most importantly, embrace your student lifestyle because it won't last forever.

Kayla Perry is X-23



BY ED VILLEUX

Much in the way the X-Men have shown faith in X-23 to step up into the limelight of hero stardom, those at the Lambda think it is time for young Miss Kayla Perry to get her shot.

There comes a time when the young heroes of the Xavier Institute graduate into a bigger role and take up the fight, and it is that time again here at the Lambda.

Starting next year, Kayla Perry will be the editor of the Lambda, and we all expect her to do a marvelous job! She will lead a talented staff into a brand new adventure.

Gifted with the genetic traits of Wolverine, including a healing factor, X-23 is a resilient and sturdy hero.

Perry has shown her resilience, tackling tough

stories, and is a proven quick learner who is able to adapt to survive in any situation as a reporter. X-23 can relate to that, having to fight through her entire life with the help of her adamantium claws.

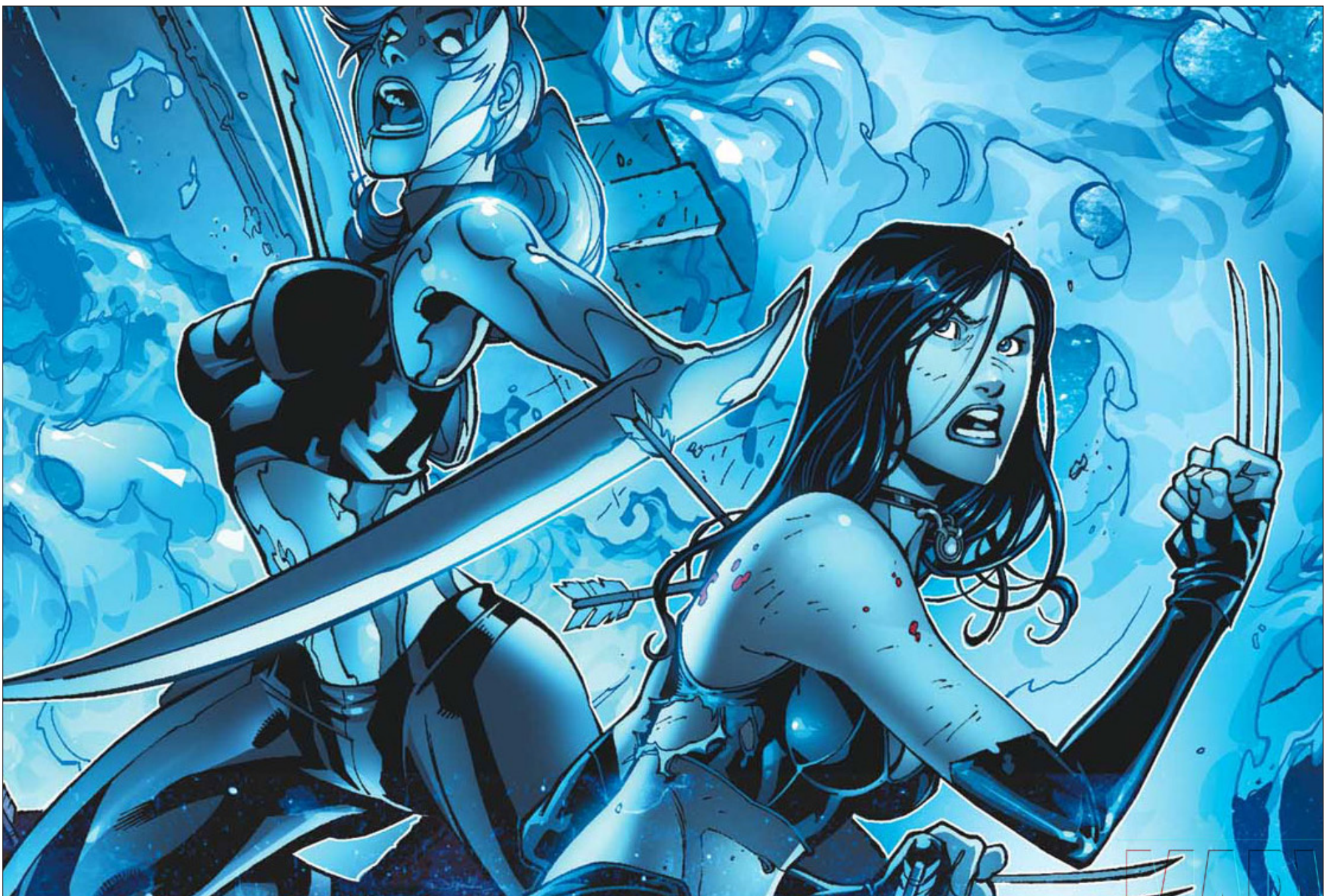
X-23 was trained for the day when she would be counted on, which is remarkably similar to the way Perry was brought along: the Lambda knew it had something special from the first issue she contributed to.

From current editor Ron Guillet and myself, we hope the best for all Laurentian students, present and future.

And much in the same way I was proud to hand the paper over to Ron, he is equally proud to hand it to Kayla.

Illustrations provided by Marvel Comics

X-23 is a young mutant, recently introduced into the X-Men fold. She has a lot of potential and will be counted on for many years to be a staple in the X-Men community.



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Lambda recommends...

KAYLA PERRY

STAFF WRITER



King Charles - Ivory Road

The clever wordplay of this eccentric frontman and the sheer amounts of happy/warm music from the band will have you tapping your feet to this tune immediately.

GAB RODRIGUES

STAFF WRITER



Bob Seger- Turn the Page

This song is from 1973 but you can still relate his experiences through this tune. It takes you through the life of a musician and how life on the road is tough. The song is meant for you to feel the his exact emotions and how you have to put certain things behind you.

WILLIE POLL

STAFF WRITER



Chainsmokers - #selfie

A great beat with some hilarious lyrics makes an awesome team. The song is generally about girls taking selfies, and what can come of the selfie life. Surprisingly accurate.

ED VEILLEUX

ASSISTANT EDITOR



Jay Electronica - Eternal Sunshine

Great song based on a great movie. Jay shows an ability to flow, with an impressive display on this track.

RON GUILLET

EDITOR-IN-CHIEF



Intervals - Atlas Hour

A perfect blend of musical genres to form a groovy, progressive track with a two-minute outro highlighted by piano and addictive drum beats layered with a clever use of guitars.



Jet - Are You Gonna Be My Girl

This song is undeniably happy. With its combination of tambourine, bassline and drumbeats, Are You Gonna Be My Girl is the perfect song for anyone who appreciates rock music.



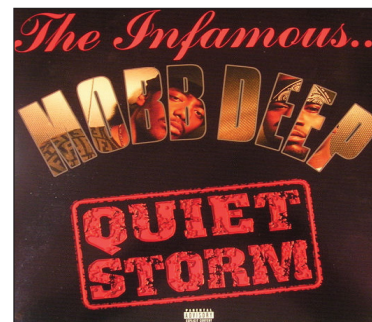
Tragically Hip - 38 Years Old

I remember loving this song when I was younger, but this tune has a deeper message to it. It's the story of a man who was sent to jail at the age of 18 for a crime he did not commit. When he was released at the age of 38, he had never kissed a girl, leaving him robbed of his youth and life.



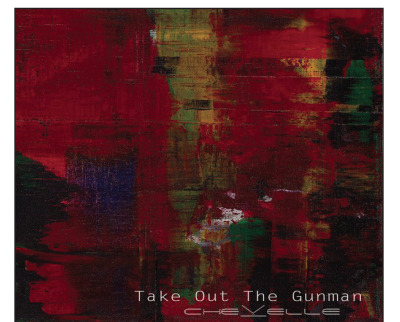
Jason Derulo - Talk Dirty To Me

Of course the song has meaningless and awful lyrics as most modern pop songs, but it could be one of the catchiest songs I've ever heard. I'm pretty sure the premise is just girls around the world talking dirty to him.



Mobb Deep - Quiet Storm

A classic among giants. The 90s was the epitome of hip-hop in a lot of ways, and this is one of the best songs to come of the era.



Chevelle - Take Out The Gunman

The new single is some of their heaviest work yet. It's simple, catchy, and yet unique. Almost has a Tool sound to it, although not as complex musically.



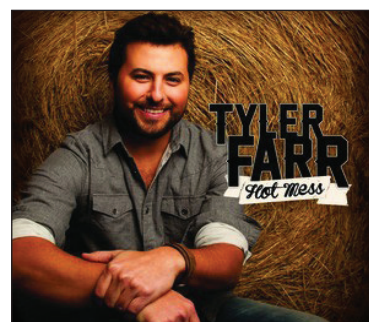
The Who - Who Are You

I admittedly heard this song for the first time while watching CSI Miami, and it has pretty much been stuck in my head ever since. It's actually a complex song that begins with the true tale of the lead singers alcoholism, which makes me like it all the more.



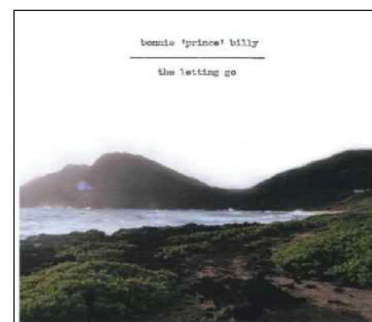
Jimi Hendrix - Once I Had A Woman

Hendrix is one of the greatest guitarist of all time and this tune is exemplary of that statement. This song leaves you with some shivers rushing down your spine just in the way his guitar speaks to you.



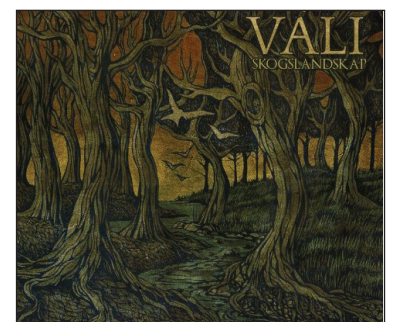
Tyler farr - Hot Mess

Great new country hit that is just really cute. If you like romantic adorable country songs this one is great, excellent to drive down some back roads to with your significant other, or just drive around and pretend you have one.



Bonnie "Prince" Billy - I Called You Back

Fantastic folk ballad. A perfect mix of sad, yet soulful voices paired over an appropriately-sad backdrop.



Vali - Dystre Naturbilder

It's difficult not to get lost in this album, which is entirely instrumental. This track is soothing, best enjoyed while relaxing and attempting to escape life for a little while. A beautiful track from a great album.

LU students help run political campaign

BY WILLIE POLL

Andrew Olivier, a Laurentian alumni, is seeking nomination for the Ontario Liberal Party in the Sudbury riding and has recruited many Laurentian students to run his campaign.

In the job market, there are many employment opportunities that require years of experience to be considered. Olivier provides this asset to young students who need it, and he benefits from their skillsets in the process.

"Laurentian students make a good team to run this kind of campaign because we can bring new energy and appeal to the issues that matter to young people," Michelle Sowinski, who has an honours degree in Law and Justice with a minor in Political Science, said. "As society is shifting, constituents want to be reached in new and exciting ways, who better to be in charge of media, twitter, Facebook, Instagram, than youth themselves."

The team has been working on the campaign for almost three months, but the nomination process is very different than the actual election.

"Right now, we're working to make Andrew the Liberal candidate — kind of like an

election before an election," Noel Walker, third-year Political Science student, president of the LU Political Science Association (LUPSA), and Data Management Coordinator for the campaign, said. "The way to become the candidate is to sign up as many members as possible and then have them come out to support us once a nomination meeting date is set (one hasn't been set yet). We've been spending a lot of time getting around and meeting people and connecting people on social media platforms like Facebook (facebook.com/andrew4mpp) where we have almost 1600 likes at this point and Twitter (@olivier_andrew). Young people need to be politically active by getting involved in initiatives like this; by being heard. Otherwise, decisions at all levels will continue to happen without our input or influence."

The campaign has a variety of ideas on improving Sudbury, including an expansion in health care as well as an expansion in small businesses to improve the economy and create jobs for recent graduates. University students face many financial pressures and the campaign also aims to keep tuition as affordable as possible. Along with creating a campaign and



Photo supplied

Political Science students helping with Andrew Olivier's campaign pose in a photo.

platform much of what the team does involves the people in the Sudbury area.

"Community engagement is really something special," Faith Fraser, second-year Political Science student and president of the Laurentian University Young Liberals as well as Communications

Manager for the campaign, said. "We've been holding a number of events around town at karaoke nights and formals, and have a big one coming up at the Laurentian Pub on Thursday, March 27. It will be a blast. Meeting so many people with differing experiences and views has easily been my

most favourite part. We all live in Sudbury and we know how amazing Sudbury can be if we channel our enthusiasm and work together as young people toward something better, especially if it's a lot of fun."

Orihel advocates for ELA government funding



Photo by Zara Golafshani

Diane Orihel speaks in front of a crowd at Laurentian University on March 12.

BY WILLIE POLL

On March 12, Laurentian brought in special guest Dr. Diane Orihel to present "The Activist Scientist: Oxymoron or the New Norm in Canada."

It isn't every day you see scientists out on the streets protesting, but with new Canadian regulations that has been the outcome. In May 2012, the government cut its funding for the Experimental Lakes Area, where Orihel was conducting research at the time as a PhD student.

The ELA does research on a variety of topics and its research is used not only across Canada, but also around the world.

"It is so amazing because it is the only place in the world where scientists can easily carry out whole lake experiments," Orihel said. "Doing experiments on whole lakes is the best way that we have and the most powerful tool we have as scientists to understand how human activities affect water quality, fish

population, an ecosystem health. We also have one of the longest and most complete sets of information on water quality in the world."

Shutting down ELA was not the only move the government made to cut funding as they also implemented changes to the fisheries act, which redefined fish. Within the act, a fish is only a fish if it is being fished; therefore, the fish that are not fished have little to no protection anymore.

"You have your own reason for doing science, and I ask you to revisit that reason," Orihel said. "Why I ask you to do so is because something rather worrisome is happening to science here in Canada today. Under the conservative government science is being redefined and refocused from science in the public interest to science in the corporate interest."

When Orihel found out that the ELA was being shut down, she jumped into the world of advocacy. She honed her passion and made the world see what was happening despite

the government telling the employees not to take it to the media. She created a coalition to save the ELA, gathered volunteers, wrote press releases, and contacted the media. Despite the media attention and worldwide support, the government has refused to fund the ELA. Currently, the International Institute for Sustainable Development is negotiating funding, but ELA's fate is still unknown at this point.

"There is no final deal for ELA, we are still in this temporary situation, still waiting for this final deal," Orihel said. "Believe that advocacy is your job, it is your moral responsibility to speak about what you know. Be brave, advocacy takes courage, and you need to find it within yourself. There is a price to pay, but the good you do for society and nature is overwhelmed by it."

Rabey 'round the world: the cultures of Spain

BY MATT RABEY

The largest country in the Iberian Peninsula and birthplace of one of the most spoken languages in the world, Spain is a country that every traveller to Europe should aim to visit.

This 2013-14 school year, fourth year double major in Études Françaises/Spanish Véronique Beaudry decided she would experience Spain on a level that more students should aim for, a student exchange.

The Spanish culture is very rich and the people have a specific charm in the way that they approach life as Beaudry explains, "the thing I enjoy the most about Spain is the laid-back attitude of the people. They put their families, friends and social life first and their job is always last. This is demonstrated in many aspects of their lives, like the famous Spanish "siesta" taken every afternoon or the many "fiestas" that generally last until dawn."

Spain is the fourth largest country in Europe by land mass and as a result has a very different geography and culture depending on where you go.

For example, the Basque Country, located in the North Eastern part of Spain contains the Basque people with their own unique traditions and language, Basque.

This part of the country also has a very unique beauty as there are: beaches (such as the one by the coastal city of San Sebastián), mountains, many rivers, large forests and deserts.

Other places that must be explored include the largest cities in the country as Beaudry explains, "the most popular cities like Madrid, Barcelona and Sevilla are amazing and should definitely be visited."

Madrid is the largest city in the country; approximately double the size of its second largest city Barcelona.

Spending time in these cities one get to experience first hand some of the largest differences between Spanish and Canadian culture as stated by Beaudry,

"The biggest difference between Canada and Spain in the pace of life. In Canada, everything is fast, organized and designed to better serve the general population. In Spain, the banks, schools and restaurants all have their own schedule and for most of the afternoons, nothing gets done as the whole city is sleeping."

Madrid also has some of the most spectacular architecture of any city in Europe with masterpieces such as the Santiago Bernabéu, Palacio de Comunicaciones and the Gates of Europe.

The only other city in the country with a level of architecture that can compare to Madrid is the Catalan capital Barcelona.

Barcelona boasts most of the famous artwork of Antoni Gaudí,

the Catalan artist renowned for his abstract work including Basilica i Temple Expiatori de la Sagrada Família and Casa Batlló.

Barcelona is also home to the famous football club that bears the same name as the city and plays out of the largest stadium in Europe, the Camp Nou.

For those looking to party, expect to party all night.

The Spanish are known for heading out late and partying until the early hours of the morning.

Spain is also the home of some of the largest and best nightclubs in the world with the clubs in Ibiza particularly standing out.

The next thing, which stands out and must be enjoyed, is the Spanish cuisine.

The Spanish cuisine is as varied as the regions of the country and a lot of what you can try depends on where you are in the country.

For example, one of the country's most famous dishes, Paella, originates from the Valencia

region of the country.

The dish can vary, but the primary ingredients are: rice, vegetables and meat (ranging from shrimp to chicken).

Some food can be found throughout the country like Jamón Serrano.

Jamón Serrano is special dried pork that is loved by the Spanish and treasured as a part of Spanish culture, so much so that it is protected by the European Union.

With a visit to Spain there is so much to see and do, but as a tip to would be visitors, Beaudry states, "we shouldn't forget about the little villages, the hundred years old castles, the famous windmills that Don Quijote supposedly fought and the national parks that are less talked about. It's by visiting those places that I truly discovered Spain, its history, its culture and its people."



Cortical column: a capstone of consciousness

BY LUCAS TESSARO

The last few issues of CC have said a lot about consciousness. Now, with this last issue of the Lambda until next year, I'd like to present a few more abstract ideas of consciousness.

For instance, have you ever considered what is real and what isn't? How can you objectively define what is real? We have evidence of historical events mainly because record books tell us what happened. The obvious counter is the physical evidence (i.e. archaeological), but here's the thing – seeing the evidence can change the past.

Jacques et al (2007)

demonstrated this through an experiment known as the “Wheeler’s delayed-choice gedanken” or thought experiment. They tested whether light, which can be both a particle and a wave, would change if it was “observed” (measured) or not, as first suggested by Wheeler (1978). In this paper, it was shown that the photons seemed to possess their own consciousness; that despite all attempts to not directly measure the photons, they always appeared as waves. That is, the photons were “aware” they were being watched, and therefore acted as waves.

This is kind of a big deal. It means that the mere act of

watching an event can change the outcome. Similarly, the act of observing the past could, theoretically, change the past. We would never be aware of those changes, because they would already have been changed before we were aware there was ever an alteration.

Pretty wild stuff, eh?

Here’s another: every signal received by your brain isn’t necessarily pushed into your conscious awareness. There are numerous studies which demonstrate that your attention is ‘focused’ by the brain on what it deems as being most important. Think about all the examples of

texts with misplaced letters, or if you can find the Monkey Business Illusion. Seriously. Google it, it’s awesome.

So, in a round-about way this leads us back to what is real vs. not real. A group of people agreeing that something exists? Your own perception? Is the black ink on this page the same for you as it is for your friends?

I won’t even bother trying to answer those, because Gödel’s Incompleteness Theorem says that I can’t. But that’s the point of science – to continue to try to answer the unanswerable, solve the unsolvable, and to always be learning and expanding our

horizons.

Special acknowledgements to Nicolas Rouleau, whose thought provoking conversations spawned many of these ideas, and to the students of PSYC 4707.

Also, how many of you noticed the spelling mistake? Bam. Mind = blown.

Enjoy the summer, young colleagues.

Submission: conspiracy thinking

SUBMISSION BY DAVID CHIRKO

A conspiracy theory is the belief that two or more people (conspirators) have clandestinely excogitated a malfasant scheme that will exact harm to a person or group. An exponent of said theory is known as a conspiracy theorist or conspiracist. How do these conspiracists become enmeshed in such a scenario? Do such persons suffer some mental disorder, or, are they unjustly stigmatized? This is what I will be delving in my disquisition, below.

Christopher L. Hodapp, author and filmmaker, and Alice Von Kannon, historian and author, in their volume, “Conspiracy Theories & Secret Societies for Dummies,” state, “Like the cult member, conspiracists believe what they believe BECAUSE they believe it, and...don’t like to be challenged. In fact, challenges to this sort of thinking tend to bring out the worst in the conspiracist, which is why there’s...little difference between a ‘conspiracist’ and someone who’s just...paranoid.” Therefore, any counterargument is seen as the tool of the conspirators. However, the authors stipulate the words “conspiracy theorist” or “conspiracy theory,” are not itself tantamount to anything lunatical. (Remember Watergate?)

The conspiracists have an inseparable nexus with the existence of secret societies--with their natural control and/or influence of anything, be it financial, political, fraternal, religious, ethnic, educational, media related, or whatever. The conspiracists don’t envision accidents or coincidences in the world or in life, because (didn’t you know?) a disarmingly

obscure and flagitious cabal is out there manipulating our world. Unlike the rest of us sheeple, this can only be ascertained by the conspiracist, of course, who alone has the perspicacity integral to comprehending it, regardless of how many persons the conspiracy entails, or even the dearth of verisimilitude in their “fact finding.” “Ockham’s Razor,” the principle that the simplest notion pertaining to anything is usually the truest, is anathema to the conspiracist’s Weltanschauung.

The “Conspiracy Theories” authors allude to Michael Barkun, Ph.D., political scientist, in their aforementioned book, who adumbrated various types of conspiracy theories, which can involve “event conspiracies,” like 9-11, or the JFK assassination; “systemic conspiracies,” like the Freemasons controlling businesses and governments or religious groups ensnaring the world’s churches; and “super conspiracies,” wherein one giant entity has in its hands the participation of all the event and systemic conspiracies.

Hodapp and Von Kannon mention three psychological or psychiatric factors in the conspiracist’s modus operandi: “apophenia,” wherein unconnected and insignificant images, words, etc., have pattern and purpose when joined, for instance, famous portraits discovered in clouds; “confirmation bias,” that is, causing everything to match one’s preconceived belief about anything and eschew contrary evidence, like unfairly labelling political ideologies one doesn’t acquiesce with; and “cognitive dissonance,”

two incompatible, discomfiting thoughts seeking resolution, for example, avoiding accepting the fact an insignificant person can assassinate a major political figure.

According to “The Fringes of Reason A Whole Earth Catalog,” edited by writer and skeptic Ted Schultz--author and former underground cartoonist Jay Kinney, in the chapter entitled “The Conspiracy Watcher’s Field Guide,”--there are sundry organizations, books and magazines on conspiratology, the scientific investigation of conspiracy theory, covering everything from Birchers to CIA critics to Revisionists to aliens who were contacted. Nevertheless, herein, the serious buffs; those with a penchant for the abstruse; and “cranks,” can brainstorm. Kinney explains that, with conspiracist Marxist devotees, the battle is against the economic classes. However, for those on the right, a more specific and secretive, omnipotent group often emerges: the International Bankers. In the latter, conspiracy thinking gives meaning to their feelings of ineffectuality and dissatisfaction with a “mean world” they think is doomed. Kinney avers that conspiracy buffs espouse scapegoating; their rhetoric, leading the masses to believe they have been deluded by a surreptitious SOMEONE. Like Hodapp and Von Kannon, he thinks conspiracists seek isolated happenings to connect and given meaning, asseverating, “...it is...the tragedy of most conspiracy theories that their overly simple...conclusions...slide into a reactionary paranoia, which in turn is ripe for exploitation by authoritarian

demagogues” (p. 97).

Science writer and computer scientist Brian Dunning, host of the podcast “Skeptoid,” in his article (<http://skeptoid.com/episodes/4264>; Skeptoid #264 June 28, 2011), “Conspiracy Theorists Aren’t Crazy,” tells us that conspiratorial thinking can be intrinsic to the way the brain operates when confronted with potential threats (read: self-preservation). He states that not everyone is a conspiracy theorist because our intellect and experience facilitates accurate analysis of facts, placing them in a context in which we discovered how the world actually operates; rational over instinctive threat, if you will. He says “To determine when a person...should be treated, psychiatrists...look...at the context. Does the conspiratorial belief integrate harmlessly with this person’s life, or does it dominate? Has it caused...loss of job...spouse...security, or caused sociopathic behavior? These...differentiate a belief system from...illness.” Moreover, “The diagnosis is often delusional disorder...a primary disorder...not a symptom of some other condition the patient may have....”

My take on conspiracists is, as long as they don’t present symptoms indicating a defective--for example obsessive and paranoid--personality, which comes into conflict with its milieu, their thinking is often a normal, perhaps meaningful, response to a stressful situation.

CASA launch Wall of Debt Campaign

WINDSOR (CUP) — The Canadian Alliance of Student Associations (CASA) launched the national Wall of Debt Campaign at the end of February, which aims to gain awareness about how student debt has impacted the lives of Canadian students and graduates.

“As part of CASA we have what we call our National Advocacy Team and they are a committee made up of student leaders who really look at the advocacy side of our organization and they thought it would be a great idea to do some sort of campaign surrounding debt and the idea came forth to do a wall of debt campaign,” said

Jonathan Champagne, National Director of CASA.

The idea is to give students a forum to share their debt loads and stories and Champagne said that this campaign is an individual campus initiative based on how they see fit running it on their campus. Students can either participate in the digital wall or use visual walls on campus with posters.

Campuses are given a one to two week timeframe to run the campaign and have access to resources and the website.

In the online digital portion students can put their name and the amount of debt that they have

accumulated highlighting the concern and the amount of debt they have.

“Yes one student’s debt might be a lot but when you put many, many students together on one campus it really is a significant amount of money that students are having to take out to be able to study a post-secondary education,” said Champagne.

“Access to financial aid and financial systems has not increased in the last ten years, so of course the amount of government debt may have not increased but that doesn’t mean students aren’t having to take out loans or pay for school from some other means.”

Youth unemployment hovers around 15 per cent, twice the national average and Champagne said that student debt might not be such a huge problem if graduates were able to get high paying jobs right out of school.

Members of CASA have been putting pressure on the federal government to increase and continue to expand the amount of upfront grants provided to students. If this money comes in the form of grants then students do not need to take out loans to pay for school since they are given the money upfront.

“This is in our opinion the single best way the federal government

can reduce the amount of debt students have to take on,” said Champagne. “This [campaign] is bigger than CASA. It impacts not just schools that are members of our organization but schools across the country and all students.”

Check out the campaign at www.wallofdebt.ca and use the hashtag #wallofdebt.



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L'Université Saint-Paul est le collège fondateur de l'Université d'Ottawa (1848), avec qui elle a conservé un lien de fédération depuis 1965.

Voyageurs announce first wave of recruits

BY RON GUILLET

The Laurentian Voyageurs women's hockey team announced a recruiting class of four players, adding forwards Taylor Philip and Melissa Millar and defensemen Sara Habal and Madison Brown to the roster.

Head coach Stacey Colarossi said it was imperative the club add depth in order to solidify a playoff spot next season, as the Voyageurs finished two points removed from the eighth and final spot in their inaugural campaign.

"Developing a continued winning culture is important in creating a nationally recognized program," Colarossi said. "These recruits come from top teams and are all solid players and, more importantly, great teammates. Compared to other teams in the league, established, new, and three years into the CIS, we ended up with more wins than those listed and this is a huge accomplishment for our program. Moving forward we look to build on our small successes and continue to aim to recruit players to improve the depth overall."

Colarossi said the new recruits will help her allocate ice-time among the line-up more efficiently so that key players can maximize their potential.

"It was important to create depth on our roster moving forward," Colarossi said. "Last season we had players playing beyond their role and we had a small roster. As a result, when players were in their ideal role they may not have been as effective as they may have logged too many minutes in other situations."

Colarossi made it a point to improve the special teams as well as stabilize the team's play in the defensive end, so defenseman Madison Brown should be a natural fit.

Brown is an assistant captain for the Stoney Creek Junior Sabres. She registered one goal and six points in 36 regular season games.



MADISON BROWN

While Brown has been acquired primarily for her defensive acumen, Colarossi sees offensive upside in the soon-to-be 18-year-old as she "makes a strong first pass from her zone but also has the poise and ability to start the rush and create opportunities for our forwards in the offensive zone."

Brown said she hopes to provide a spark to the Voyageurs and that her consistent work ethic has a lasting effect on the team.

"I hope to bring my steady, calm style to the team and give the goalies and forwards some peace of mind when it comes to playing a solid, defensive game," the future Sport and Physical Education student said. "I want my teammates to have enough trust in me to know that I can work the systems and have their backs. As Stacey has mentioned, I really do hope to be able to push others around me to compete, but by doing that I want to push myself to be what I know I can become. Consistent, hard work is needed and that's definitely what I am going to have to do, and will do."

Brown, who won a bronze medal with the Sabres at the provincial championships, said she watched the Voyageurs a few times this season to get a glimpse of what to expect when she dons the blue and gold. Her sister, Emily Brown, played for the Dalhousie Tigers in the Atlantic University Sport and had valuable advice on how to adapt as a varsity athlete, which Madison hopes can provide her an advantage as a rookie.



SARA HABAL

"I know I will have to become stronger and faster, which is something I will always work on," Brown said. "It's about getting to your full potential, that's what you have to strive for. You don't always know what that is, but that's why you have to keep working hard in order to find it. For next year, all I'm really focused on is two things: keeping up with the other players I'm playing with or even against, and then just enjoying every second of being a Voyager. I cannot wait to get started with my new chapter in life."

Brown will see a familiar face on the blue line in Habal, who was her teammate with the Sabres and plays a similar brand of hockey. Standing at 5-foot-9, Habal will add some size to the backend and should help in the defensive end. Colarossi said she is a "stay-at-home defenseman who makes the steady, simple play and plays a consistent game for a young player. This is a great attribute that we will build on in her game. Her calm demeanor and defensive zone poise should allow some of our more offensive minded players to fall into an attacking role which is more suited for them."

Habal, who also plans to enroll in Sport and Physical Education, said she anticipates a faster pace in the OUA and plans to adjust accordingly.

"With the girls being older and faster I anticipate I would need to work on my skating speed to adjust to the puck movement and rapidity of the game," Habal said.



MELISSA MILLAR

Habal has set lofty goals for her rookie campaign but is brimming with confidence as she enters the next phase in her development.

"I would like to improve on the speed of the release on my shot and passes so the other teams have trouble adjusting," Habal said. "I would also like to make it my goal to make it to playoffs my first year as a Voyager and win a championship."

Millar is the third recruit who will soon be enrolled in the Sport and Physical Education program and is from the Sabres organization. But unlike Brown and Habal, she will hone her craft upfront. She implements a defensive-minded approach to the game but is a two-way threat as she's averaging a point-per-game in the PWHL playoffs.

Millar is a late-bloomer, only lacing up the skates at 10 years old, but she quickly adapted as she won a Silver Stick before moving on to the Sabres. She expects the OUA will provide a stiffer challenge but said her experience with Stoney Creek should help her establish a role on the Voyageurs.

"There is always an adjustment period when you join a new team in any league as you get comfortable with their playing style, but in Stoney Creek it is an expectation that you work hard and give 100 per cent in any role you are asked to play," Millar said. "I think that will help make the transition to OUA a little easier and help me find my place on the team. I'm looking forward to join the team



TAYLOR PHILIP

and help my teammates out in any way possible."

Millar said she hopes "to add a good work ethic, a physical game and a willingness to work hard at both ends of the ice and play whatever role I am asked to."

Finally, Philip rounds out the first wave of recruits. The future Nursing student has experience as an assistant captain for the Bluewater Jr. Hawks team in the PWHL and the Medway Cowboys high school team. She finished third in scoring on the Hawks, scoring six goals and 19 points in 37 games, and helped lead the Cowboys to a WOOSA championship and the school's first ever OFSSA appearance this season.

Philip said her physical play should mesh well with the Voyageurs and hopes that her puck-moving abilities help create offense. She expects an adjustment period from the PWHL to the OUA but is confident she will adapt.

"I think I will have to adjust coming from the PWHL to the OUA," Philip said. "It is a faster game but that just means I'll have to work even harder. I am hoping my work ethic in the PWHL will help me be successful here."

Leclair hopes to add offense from blue line

BY RON GUILLET

Using the knowledge she gained in her rookie campaign with the Laurentian Voyageurs, defenseman Renee Leclair plans to hone her experience to take the next step in her development next season.

Leclair laced up the skates at seven years old, starting her journey in her hometown as one of the only females to register with the Coniston Minor Hockey Association. She then moved on to the Sudbury Lady Wolves AA midget hockey team, where she took the reins as captain of the team and established herself as an offensive threat from the blue line.

“Ever since then, I have been a part of the top team in each of my age categories,” Leclair said. “Once my midget hockey career was coming to an end, I was approached by Stacey Colarossi to join the Laurentian Voyagers first-ever women’s hockey team.”

While Leclair’s offensive production hasn’t yet translated to the Ontario University Athletics, registering a goal and an assist in 24 games, she hopes to inject more offense and develop into a two-way defenseman with the Voyageurs. Leclair is strong along the boards down low and exhibits the tenacity to match, providing her the tools

to become an effective puck-possession player.

“In upcoming seasons I wish to become a more offensive defenseman,” Leclair said. “By this I mean being able to jump into the plays and bringing the puck up to the offensive zone and creating plays.”

Along with increasing her offensive production, the 19-year-old wants to help her team attain the ultimate goal.

“I hope to be able to help my team make playoffs and in the end make the championship finals,” Leclair said. “My goal for next season is to obtain as much ice-time as possible as well as scoring more goals from the point. I would like to help out my team with what I’m good at in order to have us all come together.”

The Kinesiology student plans on becoming an orthodontist upon graduation, but is unclear what the future holds in terms of her hockey career.

Leclair said there was a difficult transition period as a student athlete playing at the university level, but believes the experience will benefit her moving forward.

“It was not very easy to adjust coming from a high school setting to university,” Leclair said. “It was like a wake-up call. It was hard to



Photo by Ron Guillet

Renee Leclair controls the puck in the defensive zone.

adjust to the late night and early morning practices but I think I will be well prepared for next season. Being out of town every second weekend also had an impact on my social life, but I am still able to make time for those that matter.”

Leclair said it’s imperative to

remain organized and focused with the extended workload that comes with being a student athlete at this level.

“Hockey has always been part of my life during school, but before I was able to sit down and get most of my homework done in one

night,” Leclair said. “Now I spend a part of my nights at the gym or at the rink. To help me balance school and hockey, I always have my agenda on me, homework and assignments get done on road trips and I have better time management.”

Too many concussions, too little knowledge

TORONTO (CUP) — When it comes to concussions across nearly all levels of sports, there is an alarming case of feast or famine.

There are too many athletes “getting rocked” or “seeing stars,” but not enough reporting these as possible concussions.

There is a heap of evidence pointing to how frequent and serious concussions are, and still so little is known concerning what to do about them.

As seen in the world of professional sports, the concussion conundrum is only getting more difficult to solve.

A report released on Jan. 21 from doctors at Toronto’s St. Michael’s Hospital found concussions to be the second-most frequent injury in the NHL. A heated lawsuit filed by former NFL players against the league worth over \$750 million is currently under investigation by the United States federal court.

Yet this problem doesn’t only exist in the professional world. University athletes, such as

Josh Kohn, the fourth-year centre-back for the Ryerson Rams men’s soccer team, have had to deal with concussions in a completely different world.

“I was excited for the season, I was excited for school, and it happened just like that,” said Kohn, a business management student at the Toronto school. “The side of my head got hit by his head, and I guess it just kind of hit a soft spot.”

Kohn suffered the concussion during a pre-season match in August contesting a 50-50 header. He stayed in the match after suffering the concussion.

“As the game goes on, I realize, trying to talk is bothering my head. It gets worse and worse, I get nauseous. I could see it coming,” Kohn said. “It’s tough when my whole team is practising every single day, and I’m told I can’t even come out to watch them.”

Kohn missed the first five games of the regular season, suffering symptoms from the concussion.

He returned wearing protective headgear. There are protocols in place at Ryerson that aim to help students like him.

Students undergo a baseline test to ensure the brain is functioning normally. Coaches, students, athletic therapists and trainers are informed. Students then enter a graduated recovery program including light physical and mental exercises until they can enter full-contact practice and, finally, rejoin the team.

“If it was all proven in a certain way, every school would have the exact same protocol, but there’s so much we still need to know,” said Jerome Camacho, Ryerson’s head athletic therapist. “There are so many variables involved, but we do our best for the students’ safety.”

Toronto Rehab clinical neuropsychologist Dr. Robin Green says that there’s no definitive evidence that treatment improves recovery from concussions.

“There are studies down some avenues that look promising,” she said. “But right now, we

don’t have anything. Prevention is critical.”

Green says that for students such as Kohn, the first step would be to protect his brain from any further impact.

That doesn’t mean never playing soccer again, but to always be conscious of the risks any athlete takes. Green says that there is growing evidence that every concussion increases an athlete’s risk factor for another concussion, both short and long-term.

“And the more concussions you have, the more we think it eats up the reserve to compensate for natural aging,” she said. “A concussed brain could possibly see some signs of rapid aging.”

As for Kohn, he plans on producing a strong final year for the Rams men’s soccer team — but he’s still deciding whether or not to keep wearing his headgear.

Ravens expand ever-growing dynasty

BY GABRIEL RODRIGUES

After shocking the undefeated Carleton Ravens in the Wilson Cup OUA finals, the Ottawa Gee-Gees fell short of a National title when they lost 79-67 to their cross-town rivals during the ArcelorMittal Dofasco championship at the Canadian Tire Centre on Mar. 9.

The Ravens, who were ranked as the second seed, claimed their 10th national title in 12 years and fourth-straight W.P. McGee Trophy as the top men's basketball team in the country in Ottawa during the weekend of Mar. 7-9.

Although the Gee-Gees lost in the national title game, Ottawa proved to be a force to reckon with after

defeating the Ravens in the OUA finals 78-77, stripping Carleton of their third-straight provincial title and the number-one seed going into Nationals.

Both teams started the CIS tournament strong by winning their quarterfinal match-ups with Carleton defeating the McMaster Marauders 84-62, and the Ottawa Gee-Gees beating Saskatchewan 94-73.

In the semi-finals, the Ravens defeated, rather easily, the Alberta Golden Bears 79-55, securing their spot in the national title game.

Although Carleton had a one-sided semi-final, Ottawa was pushed until the very end of their game against Victoria, but the Gee-Gees proved to be too strong winning it 78-70, and

solidifying a rematch of the OUA final versus their city rivals, the Ravens.

In the final, both teams came out in a defensive manner, as none of them wanted to surrender early momentum in the national title game.

However, the Ravens' Philip Scrubb, reigning three-time CIS player of the year, would finally score the first field-goal of the game, which led to some offence from both teams in the opening quarter, but Carleton would pull-away in the first with a 16-14 lead.

In the second, Ottawa's offence picked up with an 8-0 run to start the quarter thanks to some key three-pointers by Johnny Berhanemeskel and Terry Thomas.

The Ravens would answer with their own three-pointers by Tyson Hinz and Scrubb, which led to Carleton taking a 37-35 lead at half-time.

To start the third, Ottawa came out with an offensive burst, but Carleton answered every one of the Gee-Gees points scored.

The Ravens would pull-away with a nine-point lead going into the last quarter of the CIS men's basketball season.

Carleton wouldn't let up and continued to score crucial points and eventually wore down the Ottawa offence and won the game and national title by 12 points.

Ravens' fifth-year player, Hinz,

led all players in the game with a tournament-high 30 points, six-rebounds and five-assists, and was awarded the Jack Donohue Trophy for the tournaments' MVP.

Ottawa's Berhanemeskel had 19 points to lead the Gee-Gees in the losing effort.

Tournament all-stars are as followed: Hinz (Carleton), Thomas Scrubb (Carleton), Berhanemeskel (Ottawa), Thomas (Ottawa), and Jordan Baker (Alberta).

This win for Carleton proved to be Ontario's 11th national title in 12 years, and fourth-straight for the province's team representative.

'You have to manage your time:' student athlete Gliebe

BY RON GUILLET

Tyler Gliebe admits that it's difficult balancing life as a student athlete, but the steady stay-at-home defenseman mimics his play on the ice to get it done, clearing stacks of assignments much like pucks in the defensive end.

Gliebe is a 20-year-old product from Val Caron who spent his minor days with the Valley East Rebels. The 5-foot-11, 170-pound defenseman enjoys hitting the links during the summer seasons, but his focus is solely on the ice in terms of competitive play. And he'll be looking to make an impact as the Laurentian Voyageurs attempt to learn from their return season, after a 13-year hiatus, in which they went 5-22-1,

ending the campaign on an 11-game losing streak. Sound defensive play will be a focal point heading into next season, as the team conceded the second most goals in the league with 137 against in 28 games despite solid goaltending from Alain Valiquette.

The Voyageurs, however, are a young team with a group of players looking to develop and establish the team as a legitimate threat in the Ontario University Athletics. They're hot start to the season, in which they went 3-1 and handedly outscored their opponents with 16 goals in that span, revealed a glimpse of the team's potential.

Gliebe has his sights set on a specific achievement before he graduates in 2015,

as he said he "would like to win an OUA championship."

Gliebe said his first campaign helped him test the waters and he believes the experience will aid him and the team moving forward.

"The season was definitely a learning experience as a player because I was able to identify my strengths and weaknesses and had to work hard to keep up with the pace at that level," Gliebe said. "And I know now what needs improving. Our team is hard working and that can take us a long way."

The Commerce student, who is looking to branch out in the financial industry upon graduation, is in his third year at Laurentian and

said time management is a major factor in being a student athlete.

"You have to really manage your time, especially on weekends," Gliebe said. "It is a little difficult, but it is good to know all your due dates ahead of time."

Gliebe, who said NHL defenseman Drew Doughty is his biggest influence, believes it is imperative to place academic life atop the priority list.

"I managed my time by setting personal deadlines and making sure my group projects were done on days everyone was able to participate," Gliebe said. "So school was the main priority, then hockey."



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Rabey's round-up: English football must focus on development



COLUMN BY MATT RABEY

The first round of the knock out stages for the Champion's League are complete and after all four English teams advancing out of the group stages, now only two remain.

This is all the more alarming for English football, as it seems that only one team has a chance of making it to the quarter finals, the only English club to even score a goal in the first leg of the knock outs, Chelsea.

It's hard to deny that English football has taken a decline in Europe since Chelsea won the crown in 2012.

Prior to all this English football was extremely dominant in the years between 2006-08 when during these three consecutive seasons three of the four semi finalists were English clubs.

So what happened in the time between English teams being winners of the title and forces to be reckoned with in the knock out stages?

The same thing that has made the English Premier League the most exciting league in Europe this season.

The teams lack a combination of development, depth and stability.

Most of the top teams had significant changes at the same time, losing stability and as a result, normally very dominant clubs all dipped in quality at the same time with the exception Chelsea arguably.

The only top English team to not undergo significant change in club was Arsenal and as exciting as they have been domestically, they haven't been a significant force on the continent for almost ten years.

The decline for England however began last year when none of the English teams made it past the round of 16.

English teams simply haven't been making the astute signings and developing new talent the way that the top teams in Germany and Spain.

BVB for example wasn't even seriously considered as a title contender until last year, being almost bankrupt a few years earlier they were forced to develop top class talent like Mario Götze and Marco Reus.

Bayern Munich is another German club that has a better format for success than BVB as they can afford to buy developed players like Götze from BVB, but they also develop world-class talent at home.

With players like David Alaba and Bastian Schweinsteiger being developed from the youth team and now being big names in the first team.

In Spain, FC Barcelona's youth academy can take a bow for developing the world's best player, Lionel Messi.

Development for these teams is key, but so is the structure of their squads, with none more stable than FC Bayern.

Defending champions and tournament favourite, FC Bayern currently has created possibly the most stable team geared for success.

They have a first team that not only has largely played together for years, but also has more depth than any other team in Europe.

Players in their ranks have to fight on a weekly basis for a first team place, something that keeps players hungry to perform.

As a side, they have appointed legendary manager Pep Guardiola to run the team, a decision that was not made merely for money, as other clubs offered him much more.

Essentially, the English clubs need to start following FC Bayern's formula for success.

They need: to develop talent at home instead of only buying it, have a team with stability, have players who are accustomed to playing with each other and create squads with more depth as you can't rely on only a couple of players week in and week out.

If this formula is followed English fans can expect quality on the Island to return once again.

The West is consistently the best

TORONTO (CUP) — The NHL's Western Conference has reigned supreme over the Eastern Conference for the better part of a decade. Since the end of the 2004-05 NHL lockout, Western Conference teams have consistently gotten the better of Eastern Conference opponents, winning close to 60 per cent of inter-conference games in each season and producing five of the last seven Stanley Cup Champions. However, the level of dominance of the Western Conference has reached new heights this season, as Western Conference teams have won an unprecedented 68 per cent of inter-conference games so far.

With the possible exception of the Pittsburgh Penguins or Boston Bruins, the NHL's powerhouse clubs reside in the west. This has resulted in a disparity in the standings, as point totals in the Western Conference soar to new heights, while teams in the east wallow in relative mediocrity. The Phoenix Coyotes and Minnesota Wild are battling for playoff position, despite being on pace for greater than 100 points. Moving to the Western Conference has been a rude awakening for the Winnipeg Jets, who battled for a playoff spot in the Eastern Conference last season before being moved as a result of the conference realignment. The Jets have been all but eliminated from the Western Conference playoff picture, despite hovering around .500 on the season. Such a record does not cut it in the wild west.

Meanwhile, the Detroit Red Wings, who moved to the Eastern Conference as a result of the realignment, have seen their fortunes improve as a result of the move. The team has managed to remain in the playoff race despite recent losing streaks that would have buried the team in the more competitive West. The same can be said for the Maple Leafs, whose habit of getting badly outshot by opponents would surely sewer the team against the big guns of the Western Conference.

That western domination of the east in the NHL is nothing new. However, it appears that this trend has expanded into other sports. The inequality between the Western and Eastern conferences in the NBA is even more extreme than in the NHL. Only two teams sit above .500 in the NBA's Eastern Conference (Indiana and Miami), whereas nine teams have such a record in the west. Like the Leafs, Toronto's Raptors have benefitted immensely from this gap, as they currently sit fourth in the Eastern Conference, while they wouldn't make the playoffs in the Western Conference. Even as the Raptors trade away many of their star players, in what appears to be an effort to acquire high draft picks and rebuild the team, they are buoyed by the mediocrity of their conference peers.

In the NHL it has long been posited that Western Conference teams play a more structured, defensive style than their free-wheeling Eastern Conference counterparts. When these two styles clash, the team-oriented Western Conference teams tend to emerge over the Eastern Conference teams, who rely more on individual skill. Certainly, a higher level of competition in one group will eventually lead to improvement for all teams in that group, as they try to gain an edge over one another.

Given the relative novelty of Western dominance in basketball and football, possible explanations are only beginning to formulate. Is there a geographical explanation? Is there something in the water or the air out West that helps athletes perform their best?

It is unlikely that we are going to receive a satisfactory explanation for this phenomenon any time soon. For the time being, those Leafs and Raptors fans that are enjoying the teams' recent success should thank the sports gods that their teams remain in the cushy confines of their leagues' Eastern Conferences.

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